

Jefferson City YMCA
 Knowles Indoor Pool Schedule
 November 1-30, 2024

Babysitting Classes are available for registration!

Nov 11, 8:30am-3pm

Dec 20, 8:30am-3pm

February 10, 2025, 8:30am-3pm

Ages 11-15, Cost: \$60/members and \$90/non-members

Contact Lisa Dyer at 573-761-9007 or ldyer@jcymca.org for more information.

Happy Thanksgiving!

November 27: No evening water aerobics,

November 28 The YMCA is CLOSED.

November 29: Pool Closes at 4:30.

Become a Lifeguard over Thanksgiving Break!

November 25-27, Knowles YMCA

8:30am-2pm, Ages 15 and up

FREE for YMCA Employees (Apply today!)

Members \$175, Non-members \$225

Bring a swimsuit, towel and snacks.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|--|--|--|--|---|---|--------------------------|
| Lap Swim | 5:30-7:10am (6) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3) | 5:30-8am (6) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1) | 5:30-7:10am (6) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3) | 5:30-6:30 (6) 6:15-8am (3) 9:15-11am (3) 12-1pm(6) 1-4:20pm (3) 4:30-6:45pm (1) | 5:30-6:30am (6) 6:30-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-8pm (3) | Nov. 2-7-9:20am (3) Nov. 2-9:20-11am (1) Nov. 2-11am-5pm (3) Nov. 9, 16,23,30 7am-8am (3) 8am-10am (6) 10am-5pm (3) | 8-10am (6) 10-5pm (3) |
| CAMP SWIM Nov 25-27 | 10am-11am | 10am-11am | 10am-11am | | | | |
| HS Swim Team | 8pm-9:30pm | 8pm-9:30pm | 8pm-9:30pm | 6:30-8am | 6:30-8am | 6-8am | |
| Water Fitness | 7:15-8am 8:30-9:15am 6pm-6:45pm | 8:30-9:15am 6-6:45pm | 7:15-8am 8:30-9:15am 6-6:45pm | 8:30-9:15am 6:00-6:45pm | 8:30-9:15am | | |
| Family Swim | 9:15-12pm 1-4:30pm 6:45-8pm | 9:15-12pm 1-4:30pm | 9:15-12pm 1-4:30pm 6:45-8pm | 9:15-11am 1-4:30pm | 9:15-12pm 1-4:30pm 6-8pm | 11am-5pm (Nov 2 only) 10am-5pm (all others) | 11am-5pm |
| Swim Lessons | | 9:30-11am 4:30-6pm | | 9:30-11am 4:30-6pm | | 9:30am-11am ---Nov 2 only--- | |
| Barracudas Swim Team | 4:30-6pm | 6:45-8:00pm | 4:30-6pm | 6:45-8:00pm | 4:30-6pm | | |
| Pool/Locker Room Cleaning | | | | 11am-12pm Pool and women's locker room closed at this time. | | | |
| Available for Private Rentals | | | | | | Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members | |

Thank you for swimming at the YMCA! The pool schedule may be adjusted slightly due to aquatic programming, weather, pool attendance or special events. Please direct any pool questions to: Lisa Dyer at 573-761-9007 or ldyer@jcymca.org